

ZUCCHINI LASAGNA

By Kimberli Washington, Public Information Office



Ingredients:

- 1 lb. ground turkey
- 3 garlic cloves, minced
- ½ onion, diced
- 1 teaspoon olive oil
- Salt and pepper, to taste
- 3 medium zucchini, sliced lengthwise 1/8 inch thick
- 1 jar traditional spaghetti sauce
- 15 oz. ricotta cheese
- 16 oz. shredded mozzarella cheese
- ¼ cup Parmigiano Reggiano
- 1 large egg

Directions:

- Pre-heat oven to 350 degrees.
- Brown turkey meat and season with salt and pepper to taste; set aside.
- Add olive oil to a pan and sauté garlic and onions for about 2 minutes. Add cooked meat and spaghetti sauce to pan and simmer on low, covered for about 25 minutes.
- Use a grill or grill pan, grill each side of the zucchini for about 2 minutes. Use paper towels to soak any excess moisture and set aside.
- In a medium bowl, mix ricotta cheese, Parmigiano Reggiano and egg together well; set aside.
- In a casserole dish, layer the bottom with sauce mixture, zucchini and cheese mixture. Repeat process until all ingredients are used up.

- Finish top layer with sauce and mozzarella. Cover with foil and bake about 40 minutes, covered. Uncover and cook another 15 minutes.
- Let rest about 10 minutes before serving.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.